

Norcatour News

By the Norcatour News Committee

Bob and Anita Montgomery received word of the death of Kenneth Richard Berg, a classmate of Bob and also Ronald Emple, who died Dec. 29, 2010, in Hartford, Conn. He graduated from Norcatour Rral High School in 1951. His father, Walter Berg, was the Methodist Church minister in Norcatour for many years. His wife Jackie, and son, Jason, survived. Burial was in Connecticut on Jan. 8.

Happy Birthday to Gerry New, Jan. 26, and Larry Dick on Jan. 31.

Happy Anniversary to Dennis and Judy Shirley, and Gerry and Devonna New on Jan. 29.

Results of the pool tournament at the Cardinal Bar and Grill on Jan. 19 were: first - Von Johnson; second - James Dalziel and third - Stan Miller.

Fifteen senior citizens met Friday, Jan. 21 at the Educational Building for cards. Winners were Eleanor Jensen, Margaret (Toots) Magers and Veda Wood. The next meeting will be at 1:30 p.m. on Friday in the Educational Building. Come join us!

Dewaine Stapp and Charlotte Meints drove to Omaha for the weekend of Jan. 14-15 to make the acquaintance of Claire Elaine Tetrick, daughter of Dewaine's granddaughter, Kimberly and Matt Tetrick. Claire is Dewaine's second great-granddaughter and she is only about nine weeks younger than her cousin, Kynleigh Poiré. Matt Tetrick was scheduled for surgery, on Jan 26 to have a brain tumor removed.

Dewaine and Charlotte attended the Ronnie Milsap concert at the Stiefel Theatre in Salina on Jan. 21. Charlotte's daughter, Marcia Stecklein, Topeka, drove to Salina to have breakfast with Dewaine and Charlotte on Saturday, Jan. 22.

Troy, Deb and Anthony Marshall had the opportunity to go see high school kids from all over Kansas perform at K-State after a grueling weekend of intense practice with six different conductors from across the nation. Local DCHS participants were Nolan Henningson and Amanda Marshall. Kids auditioned upon arrival and were then chosen for one of six different bands. They prac-

ticed Friday night, all day Saturday and Sunday morning before their performance Sunday afternoon. The bands sounded wonderful! It's an intense time of practice with some of the nation's best collegiate level conductors/composers.

New in the library: Heaven Is For Real - by Todd Burpo with Lynn Vincent.

This is a little boys astounding story of his trip to heaven and back. Colton Burpo made it through an emergency appendectomy, but in the months that followed - a story as beautiful as extraordinary emerged detailing their little boys trip to heaven and back. The story which has been retold by his father, but using Colten's simple words, is told with disarming innocence and the plainspoken boldness of a 4-year-old child. This story will forever change the way you think of eternity, offering the chance to see, and believe, like a child.

Prairie Land Food orders will be taken through Monday by Bee Nelson at (785)693-4569 or Patty Stapp at The Bank. They will be delivered on Saturday, Feb. 19.

Join Walk Kansas 2011

Walk Kansas 2011 begins March 13 and continues through May 7.

Walk Kansas is offered in almost every county across the state. In recent years, well over 20,000 Kansans have participated in Walk Kansas on an annual basis.

We hope to increase those numbers since this is the 10th anniversary year of this fun physical challenge. Join us, please!

Walk Kansas is a health initiative presented by K-State Research and Extension. Since this is the 10th anniversary, Walk Kansas will take on a slightly different look this year and present a special challenge.

Co-workers, family members, friends and neighbors form teams of six people who will track minutes of physical activity and servings of fruits and vegetables consumed during the eight week challenge.

Physical activity for Walk Kansas is reported in minutes, which is consistent with the Physical Activity Guidelines from the U. S. Department of Health and Human Services.

This year Walk Kansas offers a choice of two challenges. You can select challenge one or two. In the first challenge, each participant strives for the minimum goal for physical activity - 2 1/2 hours of moderate to vigorous physical activity per week.

Collectively over eight weeks, the team would walk 423 miles which is the distance across the state of Kansas.

New to Walk Kansas is option



Home Time

By Tranda Watts
Multi-county Extension Agent

two. In this challenge, each participant has a goal of getting six hours of moderate to vigorous activity per week.

Collectively over eight weeks, the team would walk 1200 miles which is the distance around the perimeter of the state of Kansas.

This would be an hour of moderate to vigorous physical activity for one hour a day six days a week.

This might serve as a challenge for those who are more physically active when starting Walk Kansas.

Remember, team members may, but do not have to exercise at the same time.

Exercise may be done as an individual. To find out what other physical activities will be counted, you may contact the Extension Office or pick up a team packet

You will find a list of approved activities in the packet.

There is no reason to wait until March 13 to get back to your activity routine.

Take a pair of walking shoes to work and go for 10 minute walking breaks in the morning and afternoon.

If you have been a team member in the past, step up to become a team

captain and invite people who have never participated before to be your teammates.

Let's make this a great Walk Kansas year to observe the 10th anniversary of a program which helps you and others lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress.

Get started! The first step is to gather a team, choose a team name and captain, and choose which challenge to work toward. Contact the Extension Office for registration information.

Packets are available now! Register your team in the Extension Office by Wednesday, March 9.

For further information, contact your local K-State Research and Extension Office or e-mail twatts@ksu.edu.

Tranda Watts is a Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at (785)443-3663 or e-mail twatts@ksu.edu. For more information, contact the county extension office, 475-8121.

Chamber News

By Carolyn Hackney

I guess winter is telling us that it isn't over yet. As I'm writing this Monday morning, it doesn't look very warm out there.

The Chamber was pretty quiet during the month of January. We held our annual banquet and elected five new board members, and our next board meeting will be Tuesday, Feb. 8, at 7 p.m. in the Bee Building. Chamber members are always welcome to attend if they are interested or have a topic to bring before the board. If you want to be listed on the agenda, give me a call at 475-3441.

Oberlin Business Alliance and Convention and Visitors Bureau held their usual meetings with discussions for the coming year. Oberlin Business Alliance gets a little rest this time of year after all the holiday projects they sponsor during October, November, and December. Oberlin Business Alliance is looking into the repair work that needs done on the downtown canopies, and is waiting on some information before that is started.

Convention and Visitors Bureau had several topics on their agenda that all deal with tourism and how we can draw people to visit our area. Interest in Sappa Park has been growing and the playground

equipment has been purchased with the grant that was approved. No delivery date has been set yet. The bathroom project is still in the works, and more funding is still being researched through grants, but anyone who would care to donate to the project, it would be most helpful.

Convention and Visitors Bureau members, Gary Anderson and Sharleen Wurm, are keeping up with the National Trails Association to get them marked through Decatur County. There will be someone from the Kansas Association here later in the spring to help get that project done. I will also be helping Convention and Visitors Bureau to create a brochure to help market our meeting and convention areas.

Speaking of that reminds me of Saturday when I was asked to help at The Gateway for a dinner party. I wasn't doing anything, so I said yes (thinking that wouldn't be too difficult). Wrong! I helped set up and clean up for a dinner party of 128. It was a new experience, and I actually enjoyed it, but I was beat by the time I got done. The kitchen at The Gateway is something to be proud of. Chris Ward and Jeanette Diederich do a wonderful job of presenting The Gateway. The facilities have

everything there to accommodate large crowds, and it was a pleasure working up there.

Have a great week!

Herndon News

By Julie Hafner

Aaron and Sarah White, Gideon and Isaiah of Norton spent a few days last week in San Diego, Calif., at a veterinary meeting. While there, they were able to enjoy a visit with Sarah's aunt and uncle, Joan and Don Lortscher and daughter, Diane Loflen. Joan is a sister to Judy Ketterl, Herndon.

Sharon Frick spent Thursday with her mother, Vesta Gilbert, in McCook. They enjoyed the day visiting and eating out.

Ron Beims, Jennifer Davis and Rita Marintzer of Herndon Insurance attended the Small Agents Conference hosted by KAIA. The conference, held in Salina, was Tuesday through Thursday. Classes are required to keep the insurance license current.

Guest of Bob and Julie Hafner for the weekend was Bill Keel of Lawrence. Professor Keel was guest speaker at the Kansas Sesquicentennial Celebration in Bird City.

Those gathering on Friday with Bill, discussing the German dialect in the Herndon area, were; Sharon Ecker, Herndon; Bud and Betty Hesterman, Francis and Carol Hesterman, Marvin and June Hesterman, all of Ludell; Ted and Gertie Kastens, Atwood, Pete Lorentz, Joe D. Green and Bob and Julie Hafner.

'Glucklichen Valentinstag' Jackie Votapka, Oberlin, and Julie Hafner enjoyed lunch at Selden on

Wednesday and toured Koerperich Bookbinders.

Herndon senior citizens gathered for their monthly dinner and entertainment last week at the center. Fourteen seniors had fun and socialized. Sharon Frick and Karen Yarin won the blackout and Jo Harris, the door prize.

Happy birthday to Michelle Hartner who turned 25 last week. Those helping her celebrate were Jill, Megan, Aunt Debbie, Lee Ann, Chelsey and Michelle's mother, Char. They enjoyed pizza at Roger's with many friends wishing her a very good year. They ended the evening with Aunt Chris and Uncle Kent at the infamous Herndon Pool Hall. A good time was had by all!

Julie's Memory Joggers
Famous Kansas People
John J. Ingall 1833-1900

Kansans, like so many others, take for granted many of those things which are of the most importance to them. Take for instance, the state motto, Ad Astra Per Aspera., 'To the Stars through Difficulty'. It was suggested in 1861 by the young secretary to the first Kansas State Senate who later achieved international fame as a writer, wit and consummate politician. His name was John James Ingalls, and he came to Kansas in 1858, lured by a colorful lithograph of a town which was more promise than actuality.

Spending Time With God

Kevin Schnakenberg, St. John's Lutheran

Why You Should Spend Time with God
Passage: Psalm 37:1-40

A man came home from a long day of work; he was totally exhausted. He entered into his son's bedroom to tell him goodnight, and he was greatly irritated when his little boy began to badger him about money. The little boy said, "Daddy, how much money do you make?" The father grunted, "Enough!"

Well, the boy pressed further and said, "I mean how much do you make an hour?" The man was not in the mood for any games, so he gave the boy a quick lecture and said, "They pay me \$25 per hour." The boy then said, "Can I borrow \$10?" The father screamed out, "No! Now go to sleep!"

The following morning this overworked man felt very guilty about the way he treated his son, so he apologized to him and gave him a \$10 bill. That little guy lit up like a Christmas tree and ran to his room. He soon came back with his little piggy bank and spilled its contents on the kitchen table. The man watched curiously as his son excitedly pushed all of his pennies, dimes, and nickels toward his dad. The little boy then reached into his pocket for that \$10 bill and said, "Daddy, here's \$25, can I buy an hour of your time?"

That little boy wanted to spend time with his dad, so badly that he was willing to pay for it. Well, our

Heavenly Father wants us to spend time with Him so badly, He has literally paid for it as well. He sent His Son, the Lord Jesus Christ, to remove every barrier, tear down every wall, bridge every gulf, unlock every door, that we might have a personal relationship with Him.

God wants us to spend time with Him. He wants us to spend quantity time. You say, "How much?" Simply every second of every minute of every hour of every day. But He also wants us to spend quality time. This is time when your focus is fixed on the Father. David said in another psalm,

"Give ear to my words, O Lord, consider my meditation.

Give heed to the voice of my cry, my King and my God, for to You I will pray.

My voice You shall hear in the morning, O Lord; in the morning I will direct it to You, and I will look up."

(Ps. 5:1-3)

David said there was a time every morning when he simply spent time with God. I want to share with you in this message why you should spend time with God, because there are tremendous benefits and blessings that will accrue to the person who will "be still and know that He is God." (Ps. 46:10)

I. Spending Time With God Brings Fellowship In Your Worship



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEONVILLE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 5:30 p.m., Saturday

JENNINGS-DRESDEN UNITED METHODIST CHURCH
Pastor: Barbara Patterson
SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.

DRESDEN
SUNDAY: Morning Worship, 9:30 a.m.

PRAIRIE CHAPEL UNITED METHODIST
The Rev. Linda Willey
SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.

HERNDON IMMANUEL UNITED CHURCH OF CHRIST
Pastor: Dennis Brown
SUNDAY: Morning Worship, 9 a.m.

UNITED CHURCH OF OBERLIN
Pastor: Judi Stricker
109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA
SUNDAY: Adult Sunday School, 9:30 a.m.; Coffee: 10:30 a.m. - 11 a.m. Worship Service, 11 a.m. Choir practice every Sun. at 9:45 a.m. Holy Communion, 1st & 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)
Pastor: Gene Gee
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,

OBERLIN UNITED METHODIST
102 North Cass — 785-475-3067
The Rev. Linda Willey
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.

CLAYTON UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.

OBERLIN ASSEMBLY OF GOD
The Rev. Royce Leitner
SUNDAY: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 7 p.m. WEDNESDAY: Adult Bible study, 7 p.m.

OBERLIN CHURCH OF CHRIST
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Fellowship and coffee time; 10:00 a.m. The "no sermon" worship hour with the Lord's Supper and Adventures With God, 10 a.m. open Bible Study; TUESDAY: Ladies Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON
Fr. Nick Parker
Phone 785-322-5560
MASS: SUNDAY and THURSDAY 8:30 a.m.

HERNDON COVENANT CHURCH
Pastor: Keith Reuther
Phone 785-322-5316
SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.

NORCATUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

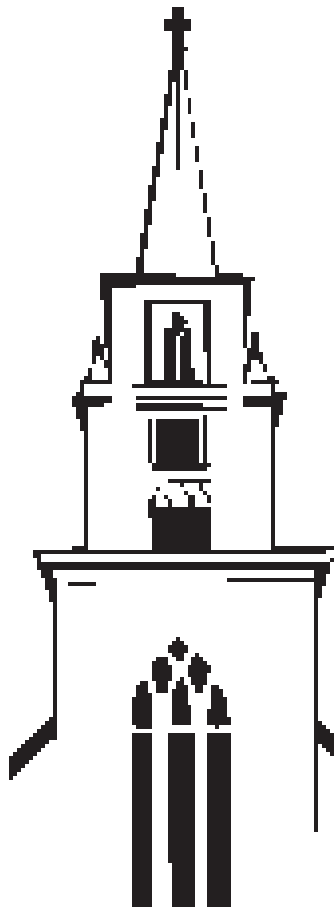
LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastors: Chris and Sharon Nelson
810 West Cedar, Oberlin
Office Phone 785-475-2769
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

LUND COVENANT CHURCH
Pastor: Doug Mason
10 miles south, 4 miles west of Oberlin
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible Study and prayer, 7:30 p.m.

ST. JOHN'S LUTHERAN CHURCH
510 North Wilson
Interim Pastor: Kevin Schnakenberg
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 8 a.m.; Holy Communion: 1st and 3rd Sundays..

FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
The Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 10:00 a.m.; Fellowship and Educational Hour, 11:15 a.m. Holy Communion first and third Sundays.



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